

Lee District RECenter



OUTDOOR FITNESS CLASSES

These classes will begin the week of August 14th, and run for 5 weeks.

They will be coordinated out of the Lee District Park, and all classes will meet for the first time in front of the building at the flagpole.

These classes require registration through Parktakes member services and are not affected by any building closures, though weather may be a concern at any time.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--------|
| <u>August 14 (5 weeks)</u> 10:30am Nature Walking 6:30pm Biking for Fitness | <u>August 15 (5 weeks)</u> 6:00pm Outdoor Tai Chi 6:30pm Outdoor Adventure Fitness | <u>August 16 (5 weeks)</u> 6:00pm Outdoor Yoga 7:00pm Outdoor Boot Camp | <u>August 17 (5 weeks)</u> 6:30pm Outdoor Boot Camp | |